



love is love.

Welcome to June's edition of our Wellbeing newsletter

Hi

Welcome to our June's addition of our Well-being Newsletter. Linking back to our focus last month of being kind we would just like to draw your attention to the fact that **June is Pride** month.

Pride Month is a time when millions of people come together in support of the LGBTQ community. This year, many celebrations across the globe will resume as COVID-19 restrictions are lifted and more people are vaccinated.

There are plenty of ways to show your support from home. We've listed several to get you started.

- Hang a Pride flag outside your home.
- Place a Pride sticker on your car.
- Host your own Pride-themed movie night.
- Wear some Pride clothing.
- Join virtual events.
- Be an ally to your LGBTQ colleagues, friends and family members.
- Support LGBTQ organisations in schools.
- Support businesses that support the LGBTQ community.

In a world where you can be anything, be kind....

Please continue to email us at wellbeing@wildern.org if you would like to see some suggestions of websites you could visit for support or advice in July's newsletter.

Kind regards

Mrs Thomas

Head of Student Services

**'Every Mind Matters,
Every Person
Counts'**

Love Gets
Better
Together

ABOUT US

At Stonewall, we stand for lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people everywhere. We imagine a world where all LGBTQ+ people are free to be ourselves and can Live our lives to the full. [Click Here](#) for more info.



Our work

Mermaids supports transgender, nonbinary and gender-diverse [children and young people](#) until their 20th birthday, as well as their [families](#) and [professionals](#) involved in their care. We also currently offer [web chat](#) support to students up to the age of 25.

Transgender, nonbinary and gender-diverse children and teens need support and understanding, as well as the freedom to explore their gender identity. Whatever the outcome, Mermaids is committed to helping families navigate the challenges they may face.

For more info [Click Here](#)



Chrysalis

We are a charity supporting transgender, non-binary - Chrysalis and questioning people, their families and close

friends.

COUNSELLING

Trained Counsellors are available at our Support Group meetings (not including WellBeing). Find a group in your area.

REDUCING ISOLATION

Transgender people experience widespread prejudice, discrimination, violence, and other forms of stigma. Our friendly Support Groups provide a safe place to talk about things.

RAISING AWARENESS

Chrysalis support events such as Pride and mental well being within the community. Our Outreach programmes work with organisations in the South West (UK).

TRAINING

We provide a range of training courses to help organisations with Transgender issues and awareness.

Our Mission

Chrysalis' mission is to create a world where trans and non-binary people are free to live as their authentic self, expressing their gender identity as they see fit and without prejudice from employers, colleagues, friends and family.

- We're here to provide that safe space and our experienced counsellors are here to listen without passing judgement.
- We also provide support for friends and families, making it easier for them to support their loved ones through their personal journey.
- All of our support groups are in accessible buildings and can be reached on public transport.
- We promote equality, inclusion and diversity.
- We are motivated by hope and positivity, and celebrate our allies achievements as much as our own.
- Chrysalis is the leading South coast charity when it comes to supporting trans and non binary people.
- We also provide the same level of support to family and friends of trans people, and help people understand how to be a trans ally.
- We provide counselling and support groups, we also do workplace training around diversity and inclusion.

To find out more [Click Here](#)



Safety & Confidentiality at our Youth Groups

Confidentiality and safety is really important at Breakout, so the venues of the youth groups are not advertised. This means that only people who have been referred (by themselves or someone else) can come along to the sessions. For information on our Safeguarding Policy please get in contact with us. For details of the venues and dates of

upcoming sessions, please [contact us](#).

Access to additional support services

There are many different local and national agencies out there. Our trained staff and volunteers can help you find the right support you need when you need it.

Support with telling people about your sexuality or gender

Telling others how you are feeling can be difficult and stressful. We can help you decide who you want to tell, what you want to tell them and how best to say it.



[Kooth.com](#) is a free, anonymous, online counselling and emotional wellbeing service available to young people aged 11-25 years (up to 26th birthday) in Hampshire, Southampton and the Isle of Wight.

You can visit [Kooth.com](#) using any device that has internet access. There are no waiting lists and you can access counselling from our qualified therapists up to 10pm every night, 365 days a year.

Kooth.com also has other features to support you such as an online interactive magazine, peer support, live forums and journaling.

There is no problem too big or too small' you can register independently at www.Kooth.com.

You can view a short video about the service in the video below.



What parents need to know about a career in gaming

Some parents may worry about the amount of time their child spends in front of a screen playing video games. Marcia Deakin, Games Partnerships Director at NextGen Skills Academy, explains the important future life skills children can learn when they have the opportunity to create and build games.

Marcia offers expert advice to share with families on how they can support their child with their interest in gaming.

[Click Here](#) for more info.



Believe in children



Barnardo's

Cygnnet Parenting Support Programme

A parenting support programme for parents and carers of children and young people aged 5-18 with an autistic spectrum condition.

Parents of children on the autistic spectrum face the usual positive and difficult challenges of parenting and quite a few more. Attending Cygnnet gives parents and carers an opportunity to develop their understanding of autism and look at practical solutions to support their child.

It also provides the opportunity to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere.

For more info [Click Here](#)

Barnardo's Parenting Support Programmes



TALK TO US
If things are getting to you

 **116 123** FREE
This number is FREE to call round the clock

 jo@samaritans.org

 samaritans.org


A registered charity

Call us any time, day or night

Whatever you're going through, you can call us any time, from any phone for FREE.



Connect

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.

It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

With this in mind, try to do something different today and make a connection.

- Talk to someone instead of sending an email
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is
- Give a colleague a lift to work or share the journey home with them.

Be active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups.

Exercise is essential for slowing age-related cognitive decline and for promoting well-being.

But it doesn't need to be particularly intense for you to feel good - slower-paced activities, such as walking, can have the benefit of encouraging social interactions as well providing some level of exercise.

Today, why not get physical? Here are a few ideas:

- Take the stairs not the lift
- Go for a walk at lunchtime

- Walk into work - perhaps with a colleague – so you can ‘connect’ as well
- Get off the bus one stop earlier than usual and walk the final part of your journey to work
- Organise a work sporting activity
- Have a kick-about in a local park
- Do some ‘easy exercise’, like stretching, before you leave for work in the morning
- Walk to someone’s desk instead of calling or emailing.

Take notice

Reminding yourself to ‘take notice’ can strengthen and broaden awareness.

Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring ‘the moment’ can help to reaffirm your life priorities.

Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.

Take some time to enjoy the moment and the environment around you. Here are a few ideas:

- Get a plant for your workspace
- Have a ‘clear the clutter’ day
- Take notice of how your colleagues are feeling or acting
- Take a different route on your journey to or from work
- Visit a new place for lunch.

Learn

Continued learning through life enhances self-esteem and encourages social interaction and a more active life.

Anecdotal evidence suggests that the opportunity to engage in work or educational activities particularly helps to lift older people out of depression.

The practice of setting goals, which is related to adult learning in particular, has been strongly associated with higher levels of wellbeing.

Why not learn something new today? Here are a few more ideas:

- Find out something about your colleagues
- Sign up for a class
- Read the news or a book
- Set up a book club
- Do a crossword or Sudoku
- Research something you’ve always wondered about
- Learn a new word.

Give

Participation in social and community life has attracted a lot of attention in the field of wellbeing research.

Individuals who report a greater interest in helping others are more likely to rate themselves as happy.

Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

NSPCC

Worried about a child?



0808 800 5000
help@nspcc.org.uk



Tweet



Instagram



Website

Want to change how you receive these emails?

You can update your preferences or [unsubscribe](#) from this list